



A NATURE JOURNAL, OH YEAH!

A nature journal is a place you can record anything about the natural world you see or wonder about. You can make one using materials found around the home and decorate it with drawings or items you find in nature, such as birch bark or dried flowers.



MAKE A NATURE JOURNAL



TIPS FOR SUCCESS



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A NATURE JOURNAL!

DIFFICULTY: MEDIUM

Maybe you want to make a note about the weather or draw a ladybug you saw on a bright green leaf. Or maybe you want to start a list of things you are curious about in nature—just like Nature Cat's. You'll need a trusty Nature Journal to get started. Let's make one!

MATERIALS

- Construction paper or a brown paper bag
- Large piece of cardboard
- Safety scissors
- Hole punch
- Brightly colored yarn
- Glue, clear tape, mounting putty
- Construction paper
- Crayons, colored pencils, craft paint
- Dried leaves, grasses, flowers, birch bark or any other natural item you may find



LET'S MAKE A NATURE JOURNAL!

STEP 2

- 1 Make the pages of your notebook by cutting several squares out of paper. The squares should all be about the same size, and big enough for you to draw and write on them.
- 2 Cut your cardboard into two pieces that are the same size as your pages. These pieces will be your front and back covers. Cardboard can be hard to cut so ask a grownup for help.



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3 Carefully stack and line up your pages. Use a hole punch to punch at least two holes through the stack.

One hole should be toward the top, and the other one toward the bottom. If your pages are large add a third hole in the middle.

You may have to do this in batches. To make sure the holes all line up, make a mark in the center of your holes on the top page of your next batch.

4 Punch holes in your cardboard covers to match your pages.

5 Cut pieces of yarn (or string) into equal lengths, about 8 to 10 inches long, for each hole.



6 Thread one piece of yarn through a hole to connect the cover and pages and tie a knot. Repeat for each hole. Use the same knot you use when you tie your shoelaces. This way you can easily untie it if you want to add more pages later.

7 Now that your journal is assembled, decorate the cover and give your journal a name. Tip: Use a piece of scratch paper to make a draft of your nature-iffic design before you decorate your cover.

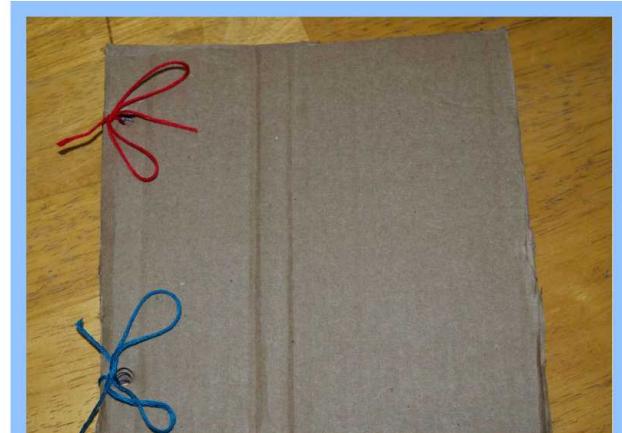
8 Head outside and start adding entries. Make sure you check with a grownup before you go.



STEP 3



STEP 6



STEP 7



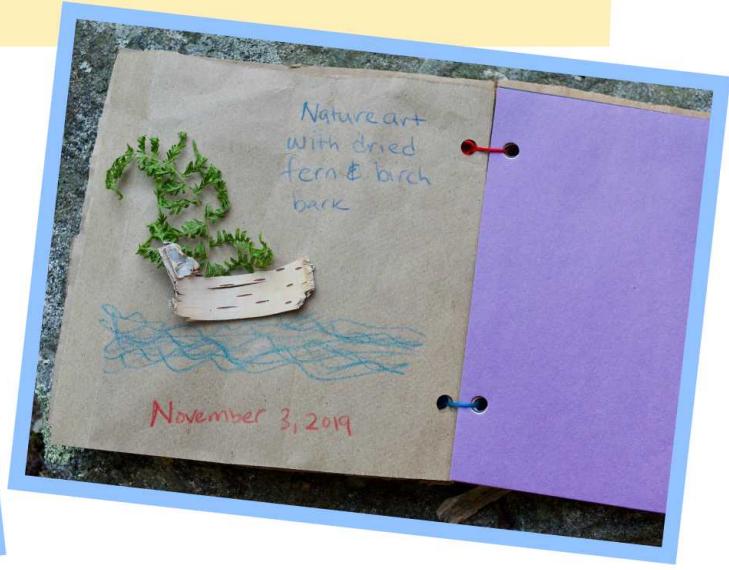
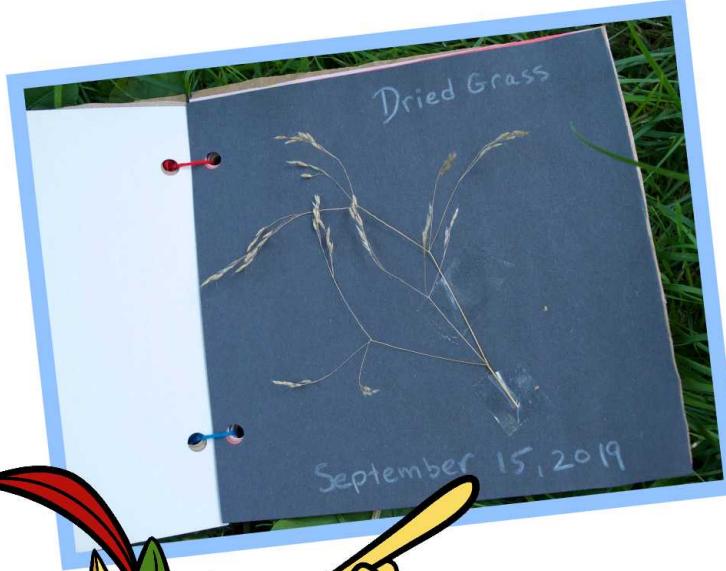
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TIPS FOR SUCCESS

All nature observations are welcome in your journal! Here are some ideas to get you started:

- 💧 Record the weather. Is it cloudy, sunny, rainy or snowy? Is it cold or warm or somewhere in between?
- 羽毛 Draw a picture of a bird you see and what it is doing, such as eating a seed. Head to the library to find a book on birds to find out more!
- 落叶 Draw a tree that has leaves changing color.
- 落叶 Find a beautiful leaf or flower on the ground? Paste or tape it into your journal!
- 马克笔 Include the date so you can compare what you see at different times of year.



TOO, TOO, ALSO

Make your own digital Nature Journal with the free Nature Cat's Great Outdoors app! Download it now!

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